

Speaker 1 ([00:00:07](#)):

You're listening to the journey on podcast with Warwick Schiller. Warwick is a horseman trainer, international clinician and author, whose mission is to help people achieve a deeper connection with their horses through his transformational training program.

Warwick Schiller ([00:00:34](#)):

And welcome back to the journey on podcast. You know, one of my most popular podcasts that I've done was with a gentleman named Rupert Isaacson. And if you've listened to the Rupert Isaacson podcast, you'll know exactly why. If you haven't listened to it, you should go take a listen to it. One of the wisest human beings, I think I've ever had a conversation with, but how I got onto Rupert was he was, I was introduced to Rupert by a lady named Joel Dunlap. And Joel has a, she has a, a therapeutic riding program called the square peg foundation. But there's a little blurb on, on her website on the square peg foundation's website about what they do. And it's just, it's a fascinating way of looking at things. And I just want you to listen to this. It says when we first started square peg back in 2004, we set out to make the therapeutic riding model even more powerful instead of we're taking you to the ranch because you are poor or autistic, or because you've been in trouble and change it to you, change it to way go into square pig because these horses need you.

Warwick Schiller ([00:01:42](#)):

It's a powerful difference. The square peg horses at castaways, or does it need a second and often a third chance at life and usefulness, but don't think that means they're a bunch of broken down. Negs because of the care and dedication of the kids and volunteers, they shine, they perform and they Excel. So that's a pretty amazing way of looking at a therapeutic riding program. And I'll give you a little bit of a rundown on Joelle. She is the founder of the square pig foundation. She's a registered behavioral technician and she's taught, taught hundreds of students to ride. And a question since childbirth, since childhood, sorry, she's participated in many different disciplines, including racing, polo, hunting, jumping three-day venting and raining. Joelle has worked professionally manifested. So the question industry, including racing, marketing, special events and breaking and training of young horses in addition to teaching, however, Joel has always been passionate about changing the way people teach and is an advocate for alternative education. Joel has been published nationally in a question publications regarding a gentle and more creative approach to train up to teaching students and training horses. Since she started working with developmentally challenged children, Joelle has developed a unique teaching method, which resonates a unique philosophy of inspire guide and challenge, and a sensitive style of instruction have helped hundreds of students to achieve important goals. So a amazing lady, I can't wait for you guys to listen to this conversation I had with George Joelle, and I'm sure you guys will enjoy it as much as I do. Joell, welcome to the journey on podcast.

Joell Dunlap ([00:03:25](#)):

Good morning. Thanks for having me.

Warwick Schiller ([00:03:26](#)):

Thanks for joining me. This is going to be fun. You know, this is going to be interesting because for the most part, my guests on the podcast, I know I've either met ed conversations with had good times with or knows something about them. And I know enough, I know very little about you and enough to say that I know nothing about you. So I'm going to let you tell the whole story. What is it? I know you have a,

some sort of equine assisted therapy thing going on now, why don't we start there and tell us what you do now, and then we'll figure out the glorious journey that.

Joell Dunlap ([00:04:07](#)):

Sure, sure. So in 2004 we started our program that we call square peg foundation. And probably the, the shorthand version is that it was just born out of a midlife crisis, like so many people where you've spent your life as a horse person. And then you think goodness sakes I need to do something good with this rather than rather than just spend my life telling people to put their heels down. Yeah. And and so I got to spend some time going to different therapeutic riding programs and then a dear friend of mine and I went to Arizona and we went to we went to the big therapeutic writing association at the time was called Nora to their national convention. And the second morning I woke up and went into the breakfast room and I had this very, very, very clear understanding that this wasn't what I was supposed to be doing.

Joell Dunlap ([00:05:19](#)):

And I was so bummed. I really thought that that's what I was going to do. And, and I was really lost and sad, and I felt like I put a lot of effort into it. And at the time I was teaching a couple and it was two guys and one guy was, he was so challenging to teach. He was just, he was a wild man. His body was all over the place. His attitude was all over the place. You know, at one time I was teaching him jumping and he actually just shot right over the top of the horses, head, hit the ground. And and he used joke. He's like, Joel, if you can teach me, you can teach anyone. And I gotten a reputation for someone with, I guess, the short way to say would be a lot of patients.

Joell Dunlap ([00:06:12](#)):

And actually, you know what, maybe I'll maybe I'll change tactics here and tell you really the Genesis story. I was, I had a writing school and and they brought me this adorable little girl, you know, just strawberry blonde hair and freckles, and just, you know, your typical little wannabe horse girl. And the parents said she's autistic, but don't treat her differently than anybody else. And I thought, okay, I can do that. And so I had her in a writing lesson and, and, and in a, in a small group. And and it was a windy cold day, you know, we're here in coastal, California, and I was in Pacifica. And it was just one of those days where all this horse wanted to do. They're going around to the right. This horse, wanted to hang a hard left turn and just go to the gate, you know?

Joell Dunlap ([00:07:06](#)):

And so I did what every writing instructor does. And I yelled at this young lady to, you know, hold her right rein. And this horse just kept ducking and going to the gate. And now the barn helped us decided to feed early, right? So all this horse wants to do is go to the gate. And so I did what every writing instructor did, and I yelled louder, hold your right rein. And before stuck to the gate. And so I yelled louder, hold your right rein. And I marched over and I grabbed a hold of her, right rein. And I said, just hold this rein.

Joell Dunlap ([00:07:41](#)):

And this little girl took a deep breath and she leaned her face really close to mine. And she whispered I'm trying. And it was like the ground underneath my feet. It was like an earthquake. And I realized I had completely neglected to pay attention to where this kid was and that she really was trying. And that was way more important than whether or not she could get this horse past the gate. And that was really the

start of the journey where I thought I'm really doing it wrong. This has nothing to do. You know, nobody changed the world based on whether or not they could post on the right diagonal. Right. Nobody cares. It doesn't matter. But to acknowledge that this girl was trying and to acknowledge her journey was way more important than anything else. And that was, that was really the start of when I, when I decided that I needed to change everything.

Warwick Schiller ([00:08:48](#)):

Wow. Was that before, did you switch stories? There was that before the Arizona thing,

Joell Dunlap ([00:08:54](#)):

It was before the Arizona thing. So I naturally thought, you know, well start a therapeutic riding program. And and then again, I realized that this wasn't what I wanted to do. And I started looking at programs and what I realized was people with learning differences, weren't going to be served in a traditional writing program. And that therapeutic writing programs were set up for people with physical handicaps. And and what I wanted to do was, was help people with learning differences. And and that's why we called it square peg. You know, that these were, these were people that weren't going to fit in a traditional program. These were people who weren't going to be served in a therapeutic riding program. And so we just kind of just went off and did our own thing you know, against the advice of of a law firm that we fired when we first started the nonprofit.

Joell Dunlap ([00:09:53](#)):

And and, and, and we just did our own thing. And that was, that was square. Peg was helping people who felt like they didn't fit in and that cultivating the relationship using horses. Cause my background is horse racing. These horses that needed another career that everybody thought were the world's worst horses to use, you know, with anybody who is going to struggle physically or with a learning problem that that, that when we feel like we're in community, we're absolutely our best. And so these horses needed a place. People with learning differences needed a place if I put them together and I used the horses story to realize that what makes you different is what makes you special? Then it was really onto something. And that was scrapping and here we are 17 years later.

Warwick Schiller ([00:10:48](#)):

So what so tell me about your background and the rice, and you just mentioned, had you had background in

Joell Dunlap ([00:10:56](#)):

Yeah. My mother's family were jockeys. Some of them really good. Some of them really bad all of them with drinking problems. And so my mother's biggest fear was that I would end up at the racetrack and whether it's just a Testament to my stubbornness or whether it was just a, a draw there because you know, there's nothing like a horse that's running wide open because he wants to that's where I ended up and and I still love the thoroughbred. And so I was galloping race horses, I guess by the time I was 19 I was running farms and starting babies by 20 21, 22. So I'd worked at breeding but at the racetrack my ex-husband who who's passed away was a trainer. So we had horses in bay area.

Joell Dunlap ([00:12:00](#)):

We had horses in LA. I think the biggest art barn ever was, was about 30 horses at the track. You know I can say in all the things I've done in horses, if you asked me to list the 10 top horsemen I've ever met, I would say two of them were from the racetrack. So is there a lot of bad horsemanship of the track course? There is, there is an all sorts of things, but when you see that many horses and you're around them, 24 7 top performing horses, you learn a lot good, bad, and somewhere in between, I would imagine. I love thoroughbreds. I find them to be so sensitive, so connected to people, you know, most of them are barn born and at commercial farms they know people from the minute they're conceived. So I find them horses that are really easy to get to, to attach to humans. And they're so forgiving. Right.

Warwick Schiller ([00:13:05](#)):

And so tell me a bit more about the square pig foundation. So it's a, it's a nonprofit

Joell Dunlap ([00:13:12](#)):

You have two locations. We do, we do where in half moon bay and three years ago we started a program in Sonoma. And so we have 14 horses in half moon, bay, 10 in Sonoma. We primarily serve people with autism. We're also providers of mental health services to San Mateo county mental health. We do a program for an inpatient program for people with eating disorders. We in the last few years, we've really moved into the world of doing job training for people with autism, which I could talk about a lot. And it's a, it's a great life. I have, I have a fantastic staff people that I can trust with anything. And and, and the families we serve are just some of the most fantastic humans on the planet. So I'm one of the luckiest people I know.

Warwick Schiller ([00:14:25](#)):

So I'm like, how do people end up finding you guys? Like, how do people end up at this web?

Joell Dunlap ([00:14:33](#)):

Mostly through the parent network. Probably there are two things in my job that I don't like. One of them is that our waiting list for services is about 40 families deep. Right now we've got 40 families on a waiting list. And and when people want to donate horses and we have to tell them, no you know, we, we, the phone rings, I probably get offered, I don't know, probably seven or eight horses a week that I have to turn down. And that's hard to do, you know, everybody loves their horse and everybody dreams of having them be in a place where they're helping people and and you just can't take them all.

Warwick Schiller ([00:15:19](#)):

So it's interesting. You, you mentioned you also help people with eating disorders, so I've never, never of equine-assisted therapy. I mean, I, I've no idea why I wouldn't think that because I think they help anybody. So what do you do with the, how do you have you get into helping people with eating disorders? Because it didn't start out like working with people with autism.

Joell Dunlap ([00:15:52](#)):

Eating disorders are really, really complicated. Like I said, my mom's family were jockeys and there's, you know, that's, that population is, is rife with eating disorders. And

Warwick Schiller ([00:16:06](#)):

When you mentioned eating disorders before, I kind of thought, you know, it's all about keeping the weight off in your job depends on keeping the weight off and people get into doing things to keep the weight off. That might not necessarily both.

Joell Dunlap ([00:16:24](#)):

Yeah. Never go to dinner with jockeys, never go to dinner with Jack. He said it's it's way too complicated. You know, my mom has struggled with mental illness, my whole life and a lot of it centered around eating. So to me it was it was an opportunity for me to to, to reach out with what I had to offer, which was the horses to help with something that, that I grew up watching my mom struggle with and how it affected our family so deeply. So you know, eating disorders are so complicated. It's and, you know, I decided not to ride races I'm five, four. And so at some point, you know, keeping you know, keeping weight would have been an issue. And I decided I never wanted to have the relationship with food that my mom did.

Joell Dunlap ([00:17:25](#)):

And so I didn't want to ride races. Even though I loved it I love food. I love sharing food with people. I love cooking. And, and I just didn't didn't want that to be part of my life. But to your question about having people out a lot of people with eating disorders really struggle with boundaries and nonverbal communication. And and so a lot of times, you know, we all we'll do is we'll do a lot of positive reinforcement like clicker training, and have the clients help us with that and watching a horse be rewarded by food, watching the horses reaction to that, watching their be, you know, joy and this reciprocal relationship with food can be really healing. A lot of the stuff we do and you and I, I'm sure we'll get pretty deeply into the horse voice stuff is is giving people the somatic experience of body to body contact on the horses. So we'll put them up on the horses with helmets, but we'll let them explore laying back on the horse lane, forwardly backwards on the horse. We find what we call in horsepower, the butt hug, you know, which is how we as kids, you know, we'd go out and take naps on our ponies, you know, in the field.

Joell Dunlap ([00:18:56](#)):

Yeah. Yeah. But if you think about the pressure just on the vagal nerve at that point, you think about, you know, the heart rate of a calm fit horse being 36 beats per minute. You're, down-regulating those people's blood pressure and their heart rate and the pressure on that Pagle nerve and just being supported, and it's just the sweetest thing in the world. Right. And we find people absolutely transformed by that. Yeah. Yeah. And then doing it with race horses, too, you know, people a lot of people that we find with the eating disorder thing feel like they have to be high level performers. And so when you have the metaphor of having this race horse, who's been asked for his life, you know, in a race, and now he's in a safe space that he supported. And I should add that, you know, the horse racing industry is our biggest source of, of, of of, of financial support. So, so horse racing does square peg very well. And so, you know, providing a safe space for these horses seems to metaphorically help people with the, with the eating disorder program that we work with.

Warwick Schiller ([00:20:13](#)):

Wow, you mentioned horse boy stuff, and I'm just itching ear to get the whole story of that. Cause that was, you know, that was, that was our initial connection was with you send me that Rupert Isaacson's and then you eventually looking up Rupert and I got Rupert on the podcast and you know, that I probably have had more feedback on Rupert's podcast than any, any other podcast ahead.

Joell Dunlap ([00:20:49](#)):

And why do you think that is

Warwick Schiller ([00:20:52](#)):

Dude as wisdom? Yeah. You know what I mean? He like, he is, he's got some, he's got some wisdom and I think you listen to podcasts, you know, I'm kind of into indigenous feelings, indigenous ways of looking at the world and you know, his time with the Khoisan Bushman in the Keller hire. I mean, you couldn't spend a lot of time around those people and not much, I'm not saying that's the only influence on Rupert. I mean, it's got so many stories, but you know, you couldn't spend time around people at that without it affecting how you view the world. And I actually think group's podcast is from what the feedback I've got. A lot of people have had their view of the world changed. Just listening to listening. Yeah,

Joell Dunlap ([00:21:53](#)):

Yeah, yeah. You know, Rupert and I have done some traveling all over the world together. We did, we did a gig in Thailand that was spectacular. And we ended up getting introduced to this guy who runs an elephant sanctuary in Thailand. So here we are in Thailand and the sky tells us the story that he got this letter from some people in Australia that had a child who was both autistic and blind and that he was painting, painting pictures of elephants. And this family, you know, wrote to our friend a cut in, in, in bank or in, in Thailand and said, can we bring our son to your elephants? And of course this guy's like, well, you know, it's not like I'm going to say no. A lot of people with autism have pathology we just call toe walking.

Joell Dunlap ([00:23:01](#)):

And so they're up on their toes all the time. And of course, if you think about, you know, how we evolved as, as, you know, as, as upright animals that's actually a pretty ancient way of moving, right? That, that the heel of our foot is much more analogous to, you know, to the Hawk of a horse. Right? So here's these people up on their toes all the time. And we think that it has a lot to do with gut issues in people with autism. And those gut issues, you know, it's a vicious cycle. So if someone's under constant stress and anxiety, their guts on fire all the time. So anyway, here's this blind child walking with an elephant. Okay. and this elephant taking his foot and placing it underneath this child's heel and walking with him in the forest in Thailand ghosting.

Joell Dunlap ([00:24:00](#)):

Yeah. Yeah. And supporting him and holding him up, you know? And so, you know, here we are in Thailand and the span is telling us the story, and we're both bawling, like a couple of little girls, you know you know, we we've had some fun. And you know, Rupert will tell these stories when, when, when we do trainings in a very Rupert sort of way. And he talks about when you dedicate your life in the service of others, people who struggle, if you know what your dreams are, the dreams that you had as a child, and if you name them and that you truly dedicate yourself in the service of others those dreams will manifest.

Joell Dunlap ([00:24:58](#)):

And every time he says it, you know, I start to kind of cross my arms like, oh goodness, here, it goes through on his, you know, stories. And then I look at my life and I realized that that's 100% true for me.

You know, there is nothing in my life that I thought of is a little girl that I wanted to do that hasn't become available due to the service that, that has been made possible through horse boy through, you know, square peg, whatever that is. That's a really beautiful thing. And not enough people are brave enough to, to say that and, and reproduce. And I'm really grateful. He does have a lot of things.

Warwick Schiller ([00:25:52](#)):

So why don't you tell me, how did you first become involved with group?

Joell Dunlap ([00:25:57](#)):

It's a very funny story. So I had a, excuse me at a board treasurer who took me out to coffee and she hands me this flyer for this this horse boy training down in, in Malibu. And she says, Joel, I want you to go. And I said, you know what? Square Peck does its own thing. You know, I am, I, I tried doing, you know, different certifications and we're doing great. We do really good work. And and I'm not going to go. And she says, well, I'm going to pay for it. And you need to get away for a couple of days. You're working seven days a week. Just go. And I one of my dearest friends was down in Southern California at the racetrack and I thought, okay, well, I'll stay with Colleen and that'll be fine.

Joell Dunlap ([00:26:54](#)):

And so I guess two days before the training I watched the horse boy film and I thought this guy really needs a haircut, you know, you know, and there's a pattern in my life that when I'm my absolute, most judgmental self the universe very gently, but very clearly kind of kicks me in the butt pretty hard. And so anyway, so I looked at the horse boy website and you know, I'm in California and and I advocate pretty heavily for helmets just because, you know, I love the little brains that we work with. And so I decided that I was going to save some children and I was going to take my fairly experienced self down to this training. And I was going to tell this long haired guy what I thought about his son running around on horseback without a helmet.

Joell Dunlap ([00:28:03](#)):

And so I show up at the training and Rupert is on the phone and I later found out he had like some really ridiculous things happening at his place in Texas at the time. And he he wonders and he introduces himself as a slightly overweight half Jew, how unprofessional, right. How stupid. So now I, here I am with the guy with no helmet and the long hair and he, you know, and just, you know, so unprofessional, I thought, boy, I am going to show this guy well for, you know, and so you know, we tell this story a lot around, you know firesides or whatever. So as, as Rupert explains, you know, I had my arms crossed, I had my legs crossed. I had my eyes crossed. I was so closed down and everybody introduced themselves.

Joell Dunlap ([00:29:04](#)):

And I said, you know, I'm Joel Dunlap. And I run a program called square peg, and he goes square peg, what a brilliant name. I'd love to hear more about that. And I'm like, [inaudible]. And so I said, and look, I'm just gonna tell you right now, you know, I've been to your website and I've seen the film and why you don't put helmets on these children, I think is complete crap. I think it's irresponsible. And and I'd like to know what you have to say about it. And without breaking a sweat, without even being rocked back, he says, Joel, I'm in, I'm in elegant, Texas. You know, people ride with their children in the back of trucks. You know, if I put helmets on them, my neighbors wouldn't even trust me would, they would think that I'm some new age, California, hippie.

Joell Dunlap ([00:29:50](#)):

If I were in California, of course the kids would wear helmets. What's your other question? And I thought, oh, crap, I've got to come up with something, you know, much better question. He was so kind to me and he answered my question thoughtfully and and it really was about trust. And and I felt like a complete jerk. And the next day do you want to hear the next version of this story? Because it gets, it gets pretty well. Okay. So, you know, I start to uncross my arms a little bit, but you know, I've got a million things going on and, and but in the middle of the second day, I start leaning in because I realized this guy's a horseman, you know, he's a hand. And the horses that he's working with here are like, dude, string horses, they're completely shut down.

Joell Dunlap ([00:30:45](#)):

And he's actually, he's got them kind of juicy and loose and sweet and, and he's done it in a, in a, in a very kind way. And now I'm leaning in, I'm thinking, all right, I've got something to learn from this guy. And so I raised my hand and he's talking about working with the whole family rather than just working with the client. And I said, yeah, but what happens when you know, you're working with, you're working with a writer, you're working with an autistic student and the parent just starts talking right over the top of you and you can't be effective because this person is, you know, yelling at their kid or doing this or this, this, this, or this. And buddy Rupert looks at me. He stops everything. He pats the horse on the shoulder, any, any, it looks me straight in the eye and he says, son say that in an angry Godzilla voice.

Joell Dunlap ([00:31:40](#)):

And I just looked at him like, are you high? What are you, what do you mean in angry? And he screams at me say the same thing in an angry Godzilla voice. And I'm thinking I'm going to punch this guy in the throat, you know, and I'm red in the face and I'm sweating and I'm angry. And then he looks at me, he goes, how do you feel right now? And I was so angry. I could talk, you know, and he says, are you angry? Are you upset? Are you confused? Are you embarrassed? And I'm just looking at him like, you know, I really wanted to do violence on this guy. And he said, that's how special needs parents feel all the time when people are telling them what to do with their kids, never forget that feeling.

Joell Dunlap ([00:32:27](#)):

And obviously I've never forgotten it. It's, you know, and just tying back into that feeling of just being paralyzed by anger and frustration and embarrassment, and realizing that when you're a special needs parent, you feel that way all the time. And you don't need some expert telling you about your kid, that you have to, that my job is always to respect what that parent's going through. And it was, it was a, it was a really rough lesson and he delivered it in a pretty rough fashion. But he knew that that was the lesson that I needed right then and there. And and he's, you know, he's family to me now, and that was, I don't know, 10 or 11 years ago. So that's my meeting, Rupert Isaacson story.

Warwick Schiller ([00:33:27](#)):

And so where did it go from there? Cause you said you've like, you've traveled around the world with, where did it go from? Let's not get to the world travel yet. Cause I'm sure that,

Joell Dunlap ([00:33:38](#)):

So he tracked me down and he said, look, I need to do a demo. In San Jose at a show that they were calling the abilities expo. And he said, you know, how about if I fly in you know, a day or two ahead of

time and we'll work with a couple of your horses and we'll do this demo. And I thought, all right, that's funny. Well, what he didn't tell me was that we'd be riding horses into the San Jose convention center in the middle of the floor. And we did, you know, and and you know, these were x-ray horses that we did it with and any flew in. And w we, we taught the horses a couple of tricks, which we can talk about, you know, that was very easy and just super and and super impressive.

Joell Dunlap ([00:34:32](#)):

And of course the course has picked it up and we talked a lot about, you know, the horses trusting us and being able to downregulate and handle things. And so here we are riding into the San Jose convention center and someone pulls in with a scissor lift and it just lifts right up and we're indoors on a slick floor. And we've, you know, we've wrapped the horses feet in bet wraps so that they don't slip on the floor. And my son's riding one horse and I'm riding the other. And then, you know, we're demoing doing the sensory work in, in an indoor space with x-ray sources. And so that was the first thing we did together. And the fact that nobody died was pretty cool. You know, and this is a convention center, right? So they've got, they've got, they've got vehicles coming in and out. And some guy comes in with a therapy chicken that he's painted purple. You know

Warwick Schiller ([00:35:29](#)):

You can have some of that without the purple therapy chicken.

Joell Dunlap ([00:35:32](#)):

Yeah. So so that was, that was the first thing we did. And and then I went out to Texas and spent some time there. And and we're I don't know if you know this, but, you know, Rupert's real love was Fox hunting. And in one of the subsequent healings that he and he and Rowan had done together the, the, the healer made it very clear to Rupert that he needed to give up hunting that live hunting was actually dangerous for his soul. And for him to give that up for his son was a big, big thing. But he still loves cross-country jumping and his place in Texas. He had like a, a little stream bed down in scrub Oak, and he built he built this really gnarly cross-country jumping fences out there.

Joell Dunlap ([00:36:34](#)):

And and so off we went and we were just having a fantastic time and I was riding this little horse that he called Manila. And and she was just, you know, he's, he's known for all of his work with, with, with you know, in classic culture sash and in autism. The dude can teach jumping or teach horses to be really fabulous jumpers. You know, so here you are jumping these big logs in the forest and you you know, if you ride thoroughbreds, you know, that they get amped up and after you go over a fence, you may Gallup on for a quarter mile, these horses could pop over pretty good, you know, over a meter size fences in the woods, and then stand quietly while you queue up three or four other people. And I was having a great time and and it turned out the horse I was riding is actually the only daughter of Betsy, you know, who was the original horse that, that Rowan connected with.

Joell Dunlap ([00:37:38](#)):

But Manila had attacked a couple of volunteers and he, he really wanted to place her somewhere. And he said, you know, I've never really seen her get along with somebody as well as she gets along with you. And I'd like to give her to you. And and it was a, it was a, it was a truly great gift, you know, to, to have this horse that, that I got along with from a jumping standpoint, so well and and so, you know, that level of trust I think really connected all of us together to to really start doing a little bit, a lot of work

together. So I started teaching horse boy trainings and and we've worked together ever since. So, so you traveled around the world

Warwick Schiller ([00:38:35](#)):

A little bit within where have you been with a group?

Joell Dunlap ([00:38:40](#)):

Well, I think, you know, the most exciting one was, was it was Thailand. That was, that was pretty exciting. And we we well, one of the cool things that Rupert really spring-boarded here was, was he was out here visiting and and he says, you know, Joel, everything we're doing with horses with the movement being out in nature in LA, he says I think we can do with, with surfing. So, but I don't know any surfers. And I said, we're in half moon bay. You know, let me just, we're in a coffee shop. You know, if we count to 10 local surfers going to come through the door but I made a couple of phone calls and and that's when we started doing our autism surf days. And and and those were really, really, really, really special.

Joell Dunlap ([00:39:37](#)):

And the first time we did it Rupert and Rowan had come out and Rowan had a meltdown on the, on the beach, you know, and it was a full-scale autism meltdown. And, you know, and Rupert was feeling terrible. You know, the, the same arc that you saw in the film, like, am I doing the right thing by my son, or is this some ego fueled adventure? And because he'd actually been run over by a surfboard of somebody else on a surf board, somebody that he really liked. And and he couldn't figure out why, why Jack, this person that he liked had, had hurt him. And of course it was an accident. And and so, you know here's all these people gathered and they're watching, you know, this father and son go through a full-scale autism meltdown on the beach.

Joell Dunlap ([00:40:33](#)):

And the fact that Rupert was able to leave all the media, all the people that just wanted to meet him and fully attend to his son it was really lovely. And of course we all got through it and and then Rupert's out taking a surfing lesson and I'm looking in the water. And I realized that a bunch of the local surfers had come over when they heard about this. And Rupert had no idea, but he was getting his first surfing lesson from Jeff Clark, who is the guy who famously discovered the Mavericks wave out here. Yeah, yeah, yeah. And Jeff had come over and just, I'm just like, I'm going to teach this guy how to surf. And so

Warwick Schiller ([00:41:18](#)):

So she goes, who, who ran away, what that means? Mavericks is a surf break here in California and five and a half. And that is certain times of the year. I think it's in, isn't it it's

Joell Dunlap ([00:41:34](#)):

Winter. Yeah. Normally, yeah.

Warwick Schiller ([00:41:38](#)):

We'll get the perfect storm. And a big wave surface will fly in from around the world and they have a Maverick surf competition isn't there. And that's the dude who found

Joell Dunlap ([00:41:55](#)):

That way. That's the dude, that's the dude. So do you

Warwick Schiller ([00:41:58](#)):

Have to don't you have to get totally up to Mavericks. It's not.

Joell Dunlap ([00:42:03](#)):

Yeah, yeah, yeah. It's, it's about, it's about a mile and a quarter out where that wave breaks. Yeah, yeah, yeah, yeah. So yeah, it was pretty spectacular. So yeah, that was the, kind of the Genesis of the, the horse boy. And honestly you know, I loved what I was doing with square peg, but, but I felt really lonely doing what I was doing and connecting with kind of that horse boy tribe. You know, we you know, Rupert's in Germany now, but he, he put together a couple of summits. And the last one that we did before COVID was, was in Germany. So being able to travel out there and now the farm where we did everything in Germany one of my employees here you know, his, his fascination is is European war history.

Joell Dunlap ([00:43:09](#)):

And so he's actually leaving next month to go and work for that farm in Germany. And that's making his dream come true. And and then through horse boy I met I met a guy named David Doyle who runs a program in Ireland. And and, and so I knew it, he asked me to come out and help him do a couple of projects. And and so I took my husband and my dad with me. And my dad fell so deeply in love with Ireland. You know, he's always wanted to travel, but he, his idea of travel, his understanding of travel is going to resorts. And I said, no, dad, we're not going to a resort. I'm going to take you to Ireland and we're going to go adventuring. And you know, that trip changed his world, which was really, really, really cool.

Joell Dunlap ([00:44:12](#)):

And we traveled all around, but the time that we spent at David's center, Liz Kennett it blew my mind because every pie in the sky dream that I've had four square peg David's already doing he a, a job training program and a housing program and a farm program, and integrating people with with, with a version of autism that predisposes them to dangerous behaviors. That's who his daughter is. I don't think he'll mind, you know, me mentioning, you know, his daughter is a young adult and she's bashed her own front teeth out. Having, I mean, that's how severe her, her level of anxiety is. And you know, similar to me David found a horse boy, you know, he was a horseman the first order, a jumper rider in Ireland and somebody, somebody one this cob named lady in a poker game and and and gave him lady for his daughter.

Joell Dunlap ([00:45:34](#)):

And for some reason, just the same way that Rowan and Betsy connected his daughter and lady connected on a beautiful way. And he never like Rupert. He never expected that his daughter's interest would be in horses and it brought them together. You know, a real parallel to the horse boy story. And he's since built this beautiful program in Ireland around around her story and her experience. And so that's the kind of collaboration that has happened in my life because of the association with horse boy and just meeting the most beautiful, inspired fantastic people who are also fantastic horsemen. You know, the association with the valences in Portugal, you know, I got to go to Portugal and stay in their

home and ride their horses and, you know, talk to them about their program that they're running their you know, what a treat and it's, and it's all been because of this dedicated service to people with autism. So I'm really grateful.

Warwick Schiller ([00:46:41](#)):

I've mentioned this in the podcast before, but just listening to a podcast or what it was, but it was with Tony Robbins one time, and he was talking about seven things. You need to be a certain things you need to do to be a complete human being, whatever. And there was the first vibe, and we said, those are difficult for a lot of people, but when you get there, the next one number six was giving. Yeah, no, we get what number seven was. But he was saying that when you, when you start to give unconditionally doors, it was open up, but you almost

Joell Dunlap ([00:47:29](#)):

Can't open any other way, but you can't. But the way I look at it is you can't be doing it to open the doors. Cause it doesn't work that way. Exactly.

Warwick Schiller ([00:47:40](#)):

You can't be doing it for you. You gotta be doing it for someone else. And that's when you get the good stuff. Yeah,

Joell Dunlap ([00:47:46](#)):

Yeah, yeah. For sure. For,

Warwick Schiller ([00:47:49](#)):

I think I met your employee that was into European war history and is going to, you know, the thing we went to Europe for the first time, about six or seven years ago, we went to Austria and I was trying to organize a clinic in different countries in Europe. And I wanted to get, I had this, this family in Australia that were really interested in what I was doing. And there wasn't a people organizing the clinic. And so I said, well, we'll come to you. And if you can give us a place to stay and show us around our, I'll tell you what, I'll help you with your horses two in the morning. And then the afternoon you can show us some stuff. And so the first morning I was hoping this guy and his daughter with the horses, and I said, what are we doing? Sat there. And he goes, oh, look at that. See that white thing up on the top of that you're way up there. And when the distance on this hill was this big building, the city what's, that goes, oh, that's a, that's an 11th century castle. When you get on visit, cool, what's it like, get your ID social and they can see this costume visited. But what I realized when we went to visit that castle was castle is a fortress.

Warwick Schiller ([00:49:08](#)):

And if you have a castle, you have people who want to overtake your castle. So, you know, like this thing that this employee of yours at center, European history, every castle has a warrant, not every house. You can go to Gettysburg in this places where there was war, but not everybody's house, but if you you're in a castle, you'd have to defend your castle. And I'm a castle geek. You know, I, I can't work on my own. I can't drive past the castle without, and Robin's not so much in castle gate, but a couple of years ago, my son, Tyler and I were in the UK for two weeks doing some clinics. And so he's a bit of a

Carson beat too. So we got to stop at every castle we went past and I love all that stuff who owned it and who lived there and what happened. And yeah,

Joell Dunlap ([00:50:00](#)):

With me, it's churches, I love old churches. And my mother-in-law loves you know, the, the, the Western American missions. And so we always get dragged into the old missions and yeah, it's just fascinating stuff, but you know, like the castles people, there's, there's definitely a deep reverence in those, those, those church spaces. And, you know

Warwick Schiller ([00:50:27](#)):

When you walk into one of those churches, you can turn to feel the energy. If you know anybody that's been in there and you have anyone when they play the pipe organs. Oh yeah.

Joell Dunlap ([00:50:46](#)):

Have you heard the Piper, Oregon in the, in the Chaplet Stanford it's worth doing, you know, because of course it's designed to, you know, acoustically to be fascinating and yeah. You know, and you're, you're close enough. It's it's an afternoon. Yeah. Super cool.

Warwick Schiller ([00:51:05](#)):

Yeah. I think the when I have been in a cathedral in Europe somewhere, and I wasn't into some of the stuff on each of these days, and so, you know, I've had a few like crystal crystal bowl, like sound healings, like like meditation practices when they plan those big crystal balls and it goes through you and I, I would think it would view it differently than I have in the past.

Joell Dunlap ([00:51:38](#)):

Yeah. Sound is super cool. My husband got really sick with a with with an arthritis condition that came on really suddenly, I guess it was about seven or eight years ago. And you know, that illness actually took us on a really fascinating journey. Really changed everything for us. And the first thing that happened was we ended up in Kauai and this woman was a sand sound healer. In fact, the same place in quiet that you and I were talking about earlier with the YouTube videos, but and so she took my husband in and did this sound work and I was actually sitting outside and you could feel it outside. And, you know, Kauai is, is the oldest of the Hawaiian islands. And it's a very, very, very mystical, very beautiful spooky, fantastic place.

Joell Dunlap ([00:52:44](#)):

And and then there was another woman staying in this house at the time. This was just, and, and, you know, this is a horse boy story too, because I had been asked to go to Hawaii to teach teachers teach about what we call movement method, which is horse boy method without the horse, you know, because horses aren't available to everybody. And so right here, I am teaching the seminar and realizing that I'm probably teaching the only people in the world who do not need this information because they're in Kauai and it's just natural to be outside. And, you know, the way Hawaiians feel about children and about movement outdoors and being in the water and climbing trees is is really, really beautiful. So I thought, you know, why the heck am I here? These people don't need this information.

Joell Dunlap ([00:53:34](#)):

And the reason we were there was because, you know my husband was really ill and we were really struggling. It was a dark, dark time for us. And there was this other woman who was in the house at the time. And she, she was a German woman and she had, she was an acupuncturist and she decided that humans have evolved as such that when the original acupuncture charts were made humans have changed so much that she needed to redraw them. Yeah. This was the level of the things that were going on in this, this house at the time, the husband of this sound healer then took us out, stand up, paddle boarding. And we were going to go look for turtles. And we saw some turtles and my husband was really struggling on the paddle board. It just wasn't working for him.

Joell Dunlap ([00:54:33](#)):

He was in a lot of pain. And then he looks out over the horizon and he says, bring the paddleboards in. And I'm thinking, what are there sharks? Are we, you know, what's going on? Any, any calls his wife? And he says, cancel all your appointments for the afternoon. The dolphins are in the bay. And so we pull the paddleboards in, we get snorkel stuff. We go into this little bay and there's probably a hundred spinner dolphins in this bay. And we spent the next three or four hours. We would just put on our snorkel gear and jump off the pedal boards and swim with dolphins. And it was just the most surreal, beautiful, and, you know, spinner, dolphins jump up and they spin right next to you. And I think it was the moment that my husband and I both had some hope that he might be well again. I just can't explain the shift. But I'll, you know, just thinking about it now, just it changes everything in my body, just thinking about it. And you know, I've had some meditation experiences since then. And that idea of being in the water with the dolphins comes up in altered states all the time. It's just one of those seminal moments. And, and that all happened, right? Because of horse boy work and movement method. That's how we ended up in this surreal space.

Warwick Schiller ([00:56:24](#)):

That sounds amazing. What sort of sound healing you to do? Was it the chief crystal? Well,

Joell Dunlap ([00:56:28](#)):

She had a whole apothecary, you know, so she had gone and she had chimes and she had bowls and, and she was just this amazing woman. She's a triathlete. And yeah, it was, it was all sorts of things. But the physicality of feeling those different sounds was, was really wild. But at the time

Warwick Schiller ([00:56:59](#)):

We're on cooperate

Warwick Schiller ([00:57:07](#)):

Geographically, you don't have to remember

Joell Dunlap ([00:57:08](#)):

Them graphically kind of all around on the rainy side of the island. Yeah. Yeah. You know, my landmark is where Sylvester Stallone had his polo field. That's now just sitting there, my son got to play on that polo field before, before they, they, they quit playing their

Warwick Schiller ([00:57:31](#)):

Principal or somewhere

Joell Dunlap ([00:57:32](#)):

Way up by PR yeah, yeah. Kind of out past Princeville. So yeah. Thank you for

Warwick Schiller ([00:57:36](#)):

That.

Joell Dunlap ([00:57:38](#)):

Isn't it? Yeah. Yeah. Really, really special. And, you know, I think that's something else you and I have in common, you know, Hawaii, the Hawaiian islands saved my son. He, he, school was horrible for him, which we can talk a lot about. I was a really young mom. I was 16 when I had him. He was born nine weeks early. It was, it was, you know, it was a tough journey. And by the time he was 17 school was always torturous for him. It was horrible. And this dear friend of mine in Maui said, look, he's not going to finish school. You can't make him go. You've tried. Well, let's just have him come to Maui and he can work for me. And he did that and and it didn't work out. And and the next thing I knew he was living in his car in the cane fields in Hawaii.

Joell Dunlap ([00:58:42](#)):

And I was, I was a mess, you know, and and this other person that I knew in Maui called me and said, you know, is Greg still looking for a job? And I said, yeah. And she says, well, I need some help on my farm. And so I called him and he's like, you know what, mom, I've been dealing with horses my whole life. I am tired of cleaning stalls. I am tired of teaching lessons. I, you know, horses are not my thing. And I said, look, it's a roof over your head tonight. It's a hot meal tonight. Just do it. So he did. And about four or five days later, this woman was in the opening polo game of their season. The Maui polo club is one of the oldest polo clubs in the U S and Greg had, you know, stick balled a couple of times, but, you know, he didn't know much about polo and this woman gets in a wreck and breaks her leg horribly.

Joell Dunlap ([00:59:40](#)):

And so she's laying in the hospital and she says, look, Greg, there's no money, but I need you to run the lesson program. I need you to run the farm. I'm going to be laid up for a long time. What I do have is I will give you my rig, my horses, my TAC, and my my membership to the Maui polo club this year. And you can play. And the local pro saw this, you know, athletic kid that that knew horses and he took him under his wing and and, and, and, you know, became his mentor in polo. And and it saved his life, you know? And so the idea that how he would be well and whole again, to be through horses was beyond my wildest dreams. And and that's how it worked out. So between Hawaii and horses I didn't, I didn't think those two things would come together, but they brought me my son back and I'll be forever grateful.

Warwick Schiller ([01:00:57](#)):

I think you're on your path. There's no doubt about that. I think Rupert had told me that you've traveled quite extensively.

Joell Dunlap ([01:01:10](#)):

Not as much as I want, remember, you know, I was a pregnant teenager. I was like, girl, you knew in school that had so much promise, but, you know, that's what happened in her life. But travel was something that I wanted in my life and in the last 10 years and again, it's, it's been the horse point and

the teaching thing. So just before COVID I did I, I helped mentor an NGO called the Phoenicia foundation, which was started by an autism mom that I had worked with for a long time. And she wanted to bring services to her husband's family is Filipino. And so they were doing some teaching missions to the Philippines. And so she asked me to go and we we did two things. We put on a workshop for teachers to do a movement method intro.

Joell Dunlap ([01:02:08](#)):

And then I went out to the devout horse club and taught them a horse Boyd seminar and we, we figured we were doing a workshop for teachers, which I'd done lots of we had 350 teachers show up on a Sunday in the Philippines, and that was unexpected. And it was just wonderful. And Filipino people are really facet, you know, I mean, the Philippines are under martial law. And but to see people, one thing about the Philippines is people sing all the time. And so if you get in like a little cabin, the Philippines, two things are gonna happen. One person's going to have a guitar and one person is going to have a fighting rooster under their arm on their way to cockfight and you realize awesome, not half moon bay,

Warwick Schiller ([01:03:16](#)):

Not

Joell Dunlap ([01:03:18](#)):

You know, and that's when you realize you are somewhere out of the way here right now. So after I was in the Philippines, then I was invited back to the program that we helped put together in, in Thailand. So I went back up there and help them with their horses for in their program for another week. And I think that was our last big trip before, before COVID. So this is, you know, this is the, this is the longest I've been without going on an airplane. In, I guess about 12 years

Warwick Schiller ([01:03:57](#)):

Can wait to, I, I mean, I've got a narrow find recently we went to a show in LA and I had to do I, my I'd applied for American citizenship. And I had the test that I had to do was up here in San Jose and I was in LA. And so I had turned out that I wasn't showing our life. So I had to get on a plane and fly back out. He did the test, then fly back down there again. And it was, it was interesting getting back online. So, so what other countries have you been to

Joell Dunlap ([01:04:33](#)):

You know, Ireland and the UK Germany? The Netherlands and then the, the, the stuff in in the Philippines and Thailand, I guess those are the main ones. And then we put together a birthday trip for me for my 50th. And that's when when we went to the valences and Portugal and we flew into Southern Spain and rented a car and and decided that we would, we would drive to Sarah to Franco where, which is not far from Lisbon, where the Valencia is live. But that meant that we to go by the straits of Gibraltar. And I said, you know, Africa's right there. Morocco is right there. I can't just like wave at Africa and like, Hey, place that I've dreamed of going since I was a little girl. So we parked the car and hopped on the ferry and went to Tangier. And what a fantastic, fantastic trip that was. Yeah.

Warwick Schiller ([01:05:43](#)):

That's what I was trying to get at. Cause I know in our emails you had mentioned you'd been in Morocco and I thought,

Joell Dunlap ([01:05:50](#)):

Oh my gosh. Right. I, well, you know, we were just in the old city in Tangier. But that's what I wanted to see, you know? And but being an American woman in the non tourist season getting into Tangier in the middle of the night to, to meet up with some Belgian woman who had an Airbnb in the big square in town was, you know, terrifying for this, you know, for, for a woman without my hair covered, you know because I would say, I'd say a 85% of the women, you know, wear a headscarf. And another 10% of the women were completely covered up with just, you know, with a full burka in the old city, in the old city,

Warwick Schiller ([01:06:44](#)):

We went to, we were in repair and we're bad. We went down to Casablanca to the rice one day and stuff, but I, I saw very, very good people, completely women when you kept it up, it was before we went there. So we stayed with it British ambassador in the embassy house. And before we went there, Robyn had talked to investors on emails. And so one of my wins and she said, you know what? Just don't. But she said, it's a pretty progressive place where we were, they, one day we'll get some horses, went driving along the road and jogging beside the road on the side of the road, was this woman in like yoga pants and like a, you know, like a sports bra sort of a thing. And she looked like a fitness model. I mean, this was like beautiful woman where there a flowing juggle in the middle of nowhere.

Warwick Schiller ([01:07:47](#)):

It wasn't like it was no, we feel completely safe because we're raising the, you know, the embassy range Rover with the diplomatic points, with the ex special forces driver. But just looking around that and, you know, it's, it's a very moderate Muslim country, you know, I think the current king, when his father died, the current king came in there. I think from what I was told that he lease was in he and the sale, what I was told I was told is the ban the sale and the manufacturer of the Bergen, you can have one, but you can't sell them and make them, if you want to get one from somewhere else, you can. But, you know, I saw a lot of things about women's rights and stuff on like,

Joell Dunlap ([01:08:41](#)):

You know, cause my experience in the old city was very different. We were in the Bazaar. And and and, and my husband is the shopper of the two of us. He loves shopping, especially, and I'd found the spice shop. So I already had like more than I could carry because I had all this saffron and cinnamon and, you know,

Joell Dunlap ([01:09:11](#)):

Fantastic. And the smells. Right. so anyway there was, you know, there was a woman's dress shop right next door. And so I thought I would just be kind and, you know I mean the cost to buy like a kaftan full length dress was, you know, about 12 American dollars. And I thought I probably should do that. And this man pulled me into a shop and he threw this huge covering over me, like immediately. And a guy from across came running over and covered up my hair. And they both felt so much more comfortable with me with my hair covered. And I, you know, I tend to, to, to laugh at a lot of things, I tend to be pretty lighthearted. I panicked, you know, I looked at myself in the mirror and I felt subjugated, I felt hidden.

Joell Dunlap ([01:10:11](#)):

I felt assaulted in a way, you know, just, I felt like all of my individuality had been taken and it was it was a really deep feeling and it, of course it was a ridiculous feeling as ridiculous as it was for them to feel safer with me, with my hair covered. So I think the old city is much more conservative and of course, much less tourists. I think the tourists tend to come in from the new city and just kind of check it out and then, and then go back out. But but we really wanted to stay in the old city cause that's what was interesting to us. But that moment of just feeling so quickly covered up and how their bodies changed, feeling so much more comfortable being in the presence of this woman with her head covered. And and with this long dress on was, was, was a really wild feeling and unexpected. So yeah, it's, it's amazing how different our experiences were when you got out of the old city, because we

Warwick Schiller ([01:11:13](#)):

Were really not in the Medina, you know, in the Bazaar the first time I was down there and the cold depressed sounded. Yeah. And I thought people would just scatter the streets of you. Nothing changed like people walking along, you know, interesting. No one basically you know, it wasn't like anybody scuttled off to the, to the mosque, there's a little lost in the, in the yeah. So it must be different. Yeah. It must be different, different parts of it.

Joell Dunlap ([01:11:49](#)):

Yeah, yeah. Yeah. For sure. For sure. Because

Warwick Schiller ([01:11:53](#)):

That is the you know, it's worldly indices are. And so there's a lot of people from different, just the capitals with fantasies house

Joell Dunlap ([01:12:05](#)):

And, you know, Morocco was the first foreign country to recognize the U S as a sovereign nation. Really? Yeah. Yeah. Because of the spice trade. Right. They wanted them to be a trading partner. So they were pretty eager to make friends with this new young nation.

Warwick Schiller ([01:12:22](#)):

Well, I didn't know that. Yeah, that was another question. I asked me on my citizenship test. I was at a, at that horseshoe. I, you know, I've been, I've been studying, there's a hundred questions. They will give you that they can ask to do an interview in this and geographical ones. There's some historical ones, there's some legislative style. So I'd been, I'd been studying these hundred questions and you know what, I would do resign. I printed out over a hundred questions on a piece of paper. And then I printed out another one that had all the answers, but then I would start three of the questions. I know the piece of paper, I would just, I would answer them all. And the ones, I didn't know, I would leave blank and I'd go through it. And then once I realized, okay, I know all these and I just need to work on the ones that I don't know. And I'm in the process of elimination. So when I came up, flew up here and did the citizenship test, I went back and I add that all the questions with me and I was in the announcers show chat with the announcer. And he said, you probably know more about America than most Americans. Now let me ask you the questions. And so I started walking around the whole show, asking everybody the a hundred questions.

Joell Dunlap ([01:13:32](#)):

It's embarrassing.

Warwick Schiller ([01:13:33](#)):

Most Americans didn't know the hundred question most of them.

Joell Dunlap ([01:13:38](#)):

And what was the most ridiculous answer you got?

Warwick Schiller ([01:13:44](#)):

Oh, you know, I can't remember what, but one of the questions that no one knew the Institute was who was the chief justice, Some kind of John Roberts.

Joell Dunlap ([01:13:57](#)):

Oh yeah.

Warwick Schiller ([01:14:01](#)):

It was, it was quite cool. Getting your American citizenship during the pandemic is interesting because when I, so it was a few weeks later that we're going to do the survey and I, the email say, this is your date and time. And I had to go up to San Jose again to the, I suppose it's department of Homeland security. It used to be the ins immigration naturalization sisters insecurity. But you know, I'd always seen pictures of people in front of the flag, you know, wearing a suit with a certificate, shaking hands with the duty of whatever. So they said, I mean to the parking lot and parked your cast study car in the parking lot, you sit in the car and this guy comes around to the window and he says, he wants all your documentation and he takes your green card, your green card.

Warwick Schiller ([01:14:50](#)):

And now he said, now wait for instructions. And when I say to get out, go to that end of the parking lot. So we sit in there and after a while someone comes, you go down the internet. So everybody, you know, it's a big, there's a lot of people walking down towards this end of the parking lot. And on the way, there's a lady in a uniform and she says, raise your right hand if you're in the sermon. And I raise my right hand, like, you know, like a kid in class, like president, keep it up, they're doing the serving line. So I'm walking through the parking lot. There's a bunch of paramount with their hands up and we're getting towards this corner of the park. And then we get down there, there's a guy reading from a piece of paper it's around the part, you know, a hundred people or somewhere. And I could barely hear even right as I get there, he goes and congratulations, you know, us citizens get veggie cap or whatever he says. And so then, okay, turn around, go back, get my car. And then like, come in on the past year, you're American citizen, citizenship, citizen certificate through the window. So it was

Joell Dunlap ([01:15:55](#)):

Weird.

Warwick Schiller ([01:15:56](#)):

It was a COVID. It was COVID moment.

Joell Dunlap ([01:15:59](#)):

It's a COVID moment. We're hear times. Well, congratulations. Thank you.

Warwick Schiller ([01:16:07](#)):

We might get to some of your questions that you've chosen to answer, and then you guys, you know, I can see Joelle and behind her is a bookshelf books, cupping trying to the map. And the only one I can make it out is man's search for meaning by Viktor from

Joell Dunlap ([01:16:27](#)):

So one of the best ever, right? Yeah, yeah, yeah. This is my husband's. Yeah. We're we're readers. Yeah. Yeah.

Warwick Schiller ([01:16:39](#)):

Which brings me to the first question that you chose, which was which book you recommend, most people aren't necessarily your favorite book, but one that you tell other people about the most.

Joell Dunlap ([01:16:54](#)):

Yeah, I struggled with that question because there's so many books. Right. and I think both you and I have read tribe of mentors and of course man's search for meaning is the book that comes up over and over and over and, and over again, that's the number one book and it's so it's, that's the easy answer, right? Is that everybody should take a look at that, but, you know, I I've recently, re-read night by Elie VSL also about the Holocaust and so horrific and so terrible. And I don't think anybody should read it, but I think everybody needs to read it just to realize the the, the, the, the depth of sadness and the ability for one population to be so cruel to another. And strangely, I think at the end there, there's a, there's a humanity and a hopefulness and like in man's search for meaning there's this, there's this resilience in this amazing humanity that comes out of that much tragedy Faulkner wrote.

Joell Dunlap ([01:18:19](#)):

If you get a chance to read his his Pulitzer speech about refusing to accept the device of mankind, because he was talking about the cold war it's the same sort of thing, but, you know, it's that sort of thing in 2000 words, rather than 400 pages just this resilience of humans is really beautiful and inspiring. What are the books? Well, you know, the ones, the ones that came to mind, I think, as a kid and something that rereading as a horse person, you know, I thought a lot about as a, as a writer, you think about, you know, what, what stories actually make a difference, you know, and and, and black beauty is so, you know, we don't realize what a difference that book made because nobody had ever told a story from an animal's viewpoint as a first person, because people didn't believe that animals had a soul or had a voice.

Joell Dunlap ([01:19:32](#)):

And when she did that, when Anissa will did that it actually launched the humane society. So talk about a book that made a difference. Yeah, yeah. So yes, it's a children's book and guess we're so used to you know, thinking of animals differently, but I think from an historical context, going back and rereading black beauty as a horse person is an important exercise and realizing what a difference that made. And then I remember being a kid and reading king of the wind, and I think that was the beginning of my fascination with, with, with north Africa and Africa. And you know, and it was such an adventure story, such a horse adventure story, more. So I think then the black stallion and all the, you know, the kids,

horse books that, that, and, and it was our horse racing story, you know, because it was, it was a story about the Godolphin Arabian, who was one of the three sires of a thoroughbred, the thoroughbred breed. So those were the ones as, as kids that that shifted my thinking. And then I think another big shift came for me when I think I was probably 40 before I discovered Wallace Stegner. And he wrote a book in his twenties called the big rock candy mountain.

Joell Dunlap ([01:21:07](#)):

Yeah. Yeah. And my mom was born in San Francisco. My dad was born in Connecticut. My dad ended up in Arizona in high school and then in and then in the air force in Utah and then in college in Utah, where, which is where he met my mom. But you know, he's, he's a Western tumbleweed, right? He's a true Western American. And I think you as an Australian and now living in the American west, having any unique appreciation, this notion of just forever moving west and leaving your past behind and your ancestors behind is such an American Western thing. And you know, where we're, where we're a young people, we're a young country. And never having that deep feeling of roots and ancestors has always been normal for me. And when I read the big rock candy mountain, and when I read Steinbeck's east of Eden you realize that that's no that's who you are as a Western American.

Joell Dunlap ([01:22:24](#)):

And that is your heritage. Is this new kind of that it's, it's your job to put down those roots and launch those next generations. So those were really profound books for me. And I think Western Americans would do very well to, to really think about that. And then, then when you do go to old countries, when you do go in a church in Europe, when you do hear the call to prayer in Morocco you realize how different and unique that is for you as a Western American. And, and, and you can appreciate the real deep beauty of that because you don't take it for granted. Right. those are books that came to mind. Another one that, that really changed my life was Isabella end days. How so the spirits it's a very female book but you know, people talk about magical realism and I'm now trying to reread, you know, a bunch of Carlos Casta, NEDA books that I, that I couldn't get through, you know, in my twenties because I didn't get it. But I end a she just, she just sees magic as normal and part of the world and to see through her lens of that was a really beautiful insight. And, and it, it, it just opens your eyes all around you that there is magic everywhere. And that you've always been part of it. Anyway, those are that's the, that's the fiction version of the Joel's favorite books.

Warwick Schiller ([01:24:11](#)):

So the house of the spirits is a fiction book.

Joell Dunlap ([01:24:15](#)):

Yeah.

Warwick Schiller ([01:24:16](#)):

Is it a bit like you know, the commercial or something like that to where it's fiction, but it's, it's, it's, it's got a message.

Joell Dunlap ([01:24:24](#)):

Well, that's got a message, you know, she was a refugee from the revolution in Chile and she lives here in San Francisco amazing lady. And so it's, it's mostly the story of, you know families disrupted by by

revolution. But but I think, I think it starts out with her talking about her sister with green hair, and you realize that this green hair is this aura that she has, but it takes you awhile. Cause you're like, wait, she's Chilean, what's the green hair, you know? Yeah, it's it's, it's, it's a beautiful, beautiful book. Don't watch the film. The film was terrible. And, and I actually got the chance to talk to Ms. [inaudible] About that. And, you know, she just rolls her eyes and says bad words, which is adorable Isabella and herself. Yeah, yeah, yeah, yeah. She's really amazingly

Warwick Schiller ([01:25:34](#)):

True. Doesn't work the phone.

Joell Dunlap ([01:25:35](#)):

No, no, but I'm going to mess this up, but she talks about, you know, this is a, this is a Chilean story done by like a German director with American actors in some terrible place. And anyway, it's, yeah, it didn't work out, nothing, nothing translated and, and it had a good cast, I think Wynonna writer is in it. But don't waste your time,

Warwick Schiller ([01:26:05](#)):

Go to the book,

Joell Dunlap ([01:26:07](#)):

Go to the book.

Warwick Schiller ([01:26:08](#)):

Okay. Next question. What has been your biggest failure?

Joell Dunlap ([01:26:16](#)):

Again, you know, I mentioned that I was a young mom and school was always easy for me. You know, cause I was a reader, I was curious I could figure out what a, what a teacher needed and give that to them. So then I could go on and do my own thing. That wasn't the case with my son. School was torturous. It was so it just was absolutely the wrong environment for him and trying to make him just sit down and be a good boy. I knew in my gut that he needed very, very, very different things. And and not listening to him even when he was little, not advocating for him when I knew really deep in my gut that this wasn't working for him. Absolutely my biggest failure. And I think it's been the, the engine and the, the energy behind square peg from the start just, you know, an attempt to do right by people who aren't going to fit in a traditional sit down, shut up and listen to me environment, which works for almost no one of course.

Joell Dunlap ([01:27:35](#)):

And advocating for that and advocating for understanding that curiosity is, is a flame that you have to Kindle or that you can put out. And whether you're talking about a horse or a child or an adult it's all the same. So that was my biggest failure was, was going against my gut and my mother's heart and not advocating hard enough for him for alternative education and trusting that he knew what he needed in order to learn. I can talk about that a lot. I'm forgiving myself by making it right by doing, doing what I do. Yeah. So I guess that's an exercise and forgiveness all the time. Yeah.

Warwick Schiller ([01:28:29](#)):

Okay. What unusual habit do you have?

Joell Dunlap ([01:28:35](#)):

You know, lately I've been cold water swimming in the ocean and it's fantastic. Right now the ocean here in half moon bay is about 61 degrees which isn't super, super cold. But like you, I kind of got fascinated by cold showers and ice pads. But and I think going back to that dolphin experience and, and just, you know, what happens in your body when you're in water, you move in different dimensions that you don't get to any other way, and to be able to just do it in cold water here that's and you know, I can do it in the morning. I can do it in the evening. I live three miles from the beach, so to be able to utilize that has been fantastic. So that's probably, you know, most people think it's pretty weird when they see you walk into the water without a wetsuit around here, they're like, well, she's not going to last 30 seconds or she's going to come screaming out of the water and to just jump in and have a swim feels great. It's great.

Warwick Schiller ([01:29:42](#)):

Yeah. So we were in California, but for those of you who are aware of the two different types of California, there's, there's Baywatch California. So there's LA Palm trees, beaches, but where we are in California. So, you know, Joel, that's probably an hour and a half maybe from where I live, but we have a phone bank that lives off the coast here and it keeps the temperatures cold on the water here is really quite, quite chill. You don't go surfing or anything you're going to happen by, which is very foggy. And so, yeah, so it's not just, you know, you're probably thinking, well, you live in California. Like I say, people on the movies all the time, jumping in the water, that's Southern California. That's a, that's a totally different California than up here.

Joell Dunlap ([01:30:31](#)):

It is.

Warwick Schiller ([01:30:33](#)):

So did you do the, co-chairs an ice bath before you got into the cohort or swimming? I did.

Joell Dunlap ([01:30:38](#)):

[Inaudible] Probably, I don't know, probably a year. And then I just realized that I have the perfect ice bath, you know, at the end of the road. And and it's just so nice to just be in it, you know, cause the ice bath, honestly, it was a pain in the neck. It was, you know, to buy the ice and I slept it up.

Warwick Schiller ([01:31:03](#)):

You will actually buy the RCS. So I've got a chest freezer that is plugging up. And the funny thing with that though for me is I haven't been in it lightly because it's not a fun fact is going out of it. But the, over the overcoming the body saying, no, I don't want to get in there has gone away. I mean, I can just go and do, I can just go and get in it. And for me it was, it was that I guess spending a lot of my life, not facing my fees and finding one that, that I can face on a regular basis. Yeah, I guess it's, you know, I'll still be getting every once in a while and it's, but it's not probably for me the big, the big draw was that the yes, no, yes, no getting no account. Is he doing that sort of thing? Now I guess it's, I can get him. I don't even

have to think about it. It's just probably staying mentally hooked while I'm in there. Not, not allowing yourself to suck your air in and go in and sympathetic nervous system. It's probably that.

Joell Dunlap ([01:32:14](#)):

Yeah. Yeah. Well now my dad's teasing me. So, you know, in his Western migration, they're in Alaska now and they're right at the mouth of the Kenai river. So you know, he sends me pictures of the Kenai river and he said, it's waiting. So, you know, are you ready? You're ready to come get in the water here. Maybe it will, that's a different tone. Maybe that is a different type of coat. So we'll see how winter goes here in half moon bay when the water gets around 50 to

Warwick Schiller ([01:32:44](#)):

50 twos to really court doable.

Joell Dunlap ([01:32:47](#)):

I think so. I think so. Yeah.

Warwick Schiller ([01:32:49](#)):

No, I think when it gets down low forties is when

Joell Dunlap ([01:32:56](#)):

Yeah. Yeah. You know, and I find you know, going completely submersing in the water here. That's a big difference, you know, when you get your head under, it's quite a bit colder.

Warwick Schiller ([01:33:09](#)):

Yeah. That's something I haven't done now. Like

Joell Dunlap ([01:33:13](#)):

It sounds like an ice cream headache, doesn't it? Yeah, Yeah, yeah, yeah. I'm with ya.

Warwick Schiller ([01:33:22](#)):

So what do you do to relieve stress from swimming the ocean?

Joell Dunlap ([01:33:33](#)):

I have a pretty good meditation practice that, you know, I think like every buddy who's into it, you know, waxes and wanes. Right now I have a really good staff that I can rely on. So I'm just marking out that early morning time specifically for meditation. That's been an absolute game changer for me. Of course our water has been out here the last couple of days, which has messed up my meditation time because I've been bailing buckets of water to horses in the morning. So trying to make that a meditation is a challenge, but a good one. But yeah. You know, when you, when you realized that, you know, I think a lot about, you know, when you read or, or whatever it's like, is this person that I'm listening to, do they have something I want? And so often with really good meditators, the answer is absolutely. I want that calm. I w I need that ability to lead staff and lead the organization and the fundraiser. You have to cultivate that calm presence of mind and trying to do that without meditation. I can't, I'm sure that there are ways to do it, but I don't know what they are.

Joell Dunlap ([01:35:05](#)):

You know, I'm a dilettante. You know, I believe that the Wim Hof breathing is its own meditation because you really are focusing on your physical body. I am very susceptible, easy, whatever you want to call that to good guided meditations that are that are very visual journeys. Those work for me very, very well I will play around with different recorded music, lots of drumming and things, and just, you know and I think, you know, in a couple of things that I've done playing around with altered states what happens with me is a, is a very visual experience. And I'm able to drop back into storylines that have come out of those experiences in meditation. And those, those that's surprisingly easy for me. And and seems very productive if not just plain enjoyable I have, I have. And again, I'm pretty susceptible to these things. So you probably say hypnotize and I would probably go under, I don't know, but so, yeah, yeah, yeah. And and just, you know, the curiosity that comes up in and stuff like that for me really works for me. Yeah. How about you? Have you

Warwick Schiller ([01:36:45](#)):

Terrific breath work once. And it was when I went to Florida for the Wasco ceremony and it was, it was better than the last one, Sarah, You know, it was just good feelings like that. I was getting in that you See all the nasty stuff he'd been hiding in there, but the breath, it just an exhilarating,

Joell Dunlap ([01:37:20](#)):

You know, and I find even the Wim Hof breathing just the sensations that come up for me and then just getting and staying curious about that and following that is meditative, right? Yeah. Yeah. And again, a nice way to connect to your, you know, physical bodies. What's, what's coming up, you know, it's not just my neck always hurts or this, you know, this you never think about that one part of your back. You never think about your ear lobe. You never think about that's that's I dunno. I find it interesting and

Warwick Schiller ([01:38:01](#)):

Sematic experience too. Yeah. That's the thing about the ice pack to a mini count me in a nice bath and not know you're in.

Joell Dunlap ([01:38:08](#)):

Yeah, yeah. You know in the worst days of when my husband was sick you know, I'd done different yoga things. Mostly I anger which I really liked, but I ended up going to Bikram yoga, the hot yoga and it got me through the worst times and I realized that it's, you know, from a yoga standpoint, it's very commercial and, you know, and this and that, and the other thing, but, you know, like the ice bath, you're pretty sure at least twice in 90 minutes a bit great. And you'll go that you're going to die. And and so you have to be present. You can't be anywhere else, your mind isn't wandering. You're just, you know, you're just sweating like mad in a room with 25 other sweating people. And it was, it was really helpful for me. And I'm really grateful that I had it. I haven't, I haven't tell me about it.

Warwick Schiller ([01:39:15](#)):

Very cool. Very cool. My wife sister-in-law during COVID was, was learning how to be instructed. And part of the thing that had to do was teach a certain number of classes where there, those COVID taken the classes. So she started doing these zoom calls with the family once a week. And that's the only reason we would want it because she needed students. But it's, it's, it's, it's, it's very cool. It's mostly, it's, you're mostly sitting cross-legged, it's not, it's not a lot of upper dog a dog, you know, swings per

you know, it's not a lot of movement that way, but there's a lot of breathing with it. And there's a lot of you will hold like this with your arms. Like you might be sitting with your cross legged with your arms at like 65 degrees or something out here with, with your fingers a certain way.

Warwick Schiller ([01:40:10](#)):

And you might be doing that 15 minutes or so. And you get to where you feel like my arms cannot stay up here any longer. And then you just kind of focus on your breathing and it's it's, I, I like it because you can, it's it really expands your your endurance and your, your, your belief to endure. You know, what I realized doing it is I have always, you know, if I'm doing something and it's getting hard, mentally, always focused on that, it feels, yeah, it makes you want to get stop. Your brain's going to stop. Stop. Stop was if you can just override that and keep focused on your breath. So it's almost like what your mind does in meditation kind of wants to do something else. You're like, no, no, no, stay here. It's a bit like that. Where's your, instead of your mind, think of that, what I'm going to have for dinner and what's going on tomorrow or whatever, it's thinking negative thoughts about that.

Warwick Schiller ([01:41:14](#)):

It's having a negative judgment on the sensations. You're getting the feedback you're getting from your body. Like, I can't hold my arms up any longer or whatever. And you just have you, when you breathe in, I have you think set. And when you breathe out now, see this, it's almost like a, you know, like marathon runners and stuff, hitting the wall, you kind of get the world where you think I can't keep everyone and you've read through that and it goes away, you know what? I'm just still up a bit, the discomfort goes away and then you'll be there for a while and kind of comes in waves. And then you work through that. And when I first started doing, I used to quit, but it's, it's, it's been a great being able to enjoy it for longer and longer and longer have a sense of sense of it comes from, but also it gets, you know, you, you get you get some sensations from it. Like your whole body will be buzzing. You know, when I did the whole Tropic breath work laying there, I felt like I was holding games with an entity. No, I could feel my soul holding hands with something. And one hand was a big, like a big medium, but the other hand was like a child who knows. Well, I've had that quite a bit with the Kundalini yoga too, which you you'll get a sensation. Yeah, it is. It's very cool.

Joell Dunlap ([01:42:55](#)):

Very cool. I'll have a, I'll have a look, you know, I yoga people talk about, you know, these breakthroughs and, and, and, and this and this, and, and, you know, we have a joke in our house that, you know, when Derrius and I were dating, he dragged me to a yoga class, you know, kicking and screaming. And then I spent the next 10 or 12 yoga classes trying to win yoga, you know, like it was so competitive sport. And you know, and then it comes in and layers, you know, what, what yoga is. And and I was running around, you know, doing my life doing 18 different things. And I promised a friend of mine, who's a yoga instructor here on the coast that I would go to her yoga class mostly because it was her mom and all of her mom's friends that kind of commandeered this class.

Joell Dunlap ([01:43:50](#)):

And it was her crazy. And it was a restorative class. And you know, here I am, this athletic person got lots of things to do, but sure, I'll go to your restorative class. And here I am typical Joelle, you know, sitting in the back, over by the door so I could leave if I needed to. And and we're getting to the end of the class and she has everybody sitting cross legged on the floor, and we're just making these big, big, big circles with our body. And she leads us through it. And those circles get smaller and smaller and smaller and

smaller and smaller until your heads is just making these tiny circles and then stillness. And I lost it. I mean, the tears fell down my face. It was so unexpected. It was so felt like out of nowhere that I realized that I didn't know what it was like to be still and the relief and the release that happened when I was still.

Joell Dunlap ([01:44:54](#)):

And then of course, everybody's laying down for Shavasana and I'm just sitting there crying, I'm weeping, which I don't do. And luckily it was this dear friend who is teaching the class and she just came up behind me and just, you know, put her hands on my head and kissed me on the top of the head and said, you're loved, which brought a whole lot of, you know, let down. And you know, so it was just, you know, my life has been a series of, you know, these surprise breakthrough moments that, that I wasn't, you know, you say, you're, you're on your path or you're seeking, but it's just so funny when those, when those big moments come, when those big shifts come. Because I think you're vulnerable in being your most judgmental best, worst self, you know?

Warwick Schiller ([01:45:46](#)):

Yeah. What's interesting about that thing you just talked about is that's a big part of Kundalini. Yoga is what's called a Sufi grind

Joell Dunlap ([01:45:53](#)):

While you were

Warwick Schiller ([01:45:54](#)):

Just

Joell Dunlap ([01:45:55](#)):

Interesting. Yeah. Okay. Okay. Well, there you go. There's my Kundalini yoga story. I didn't know about it. And it was a huge breakthrough, you know, it made me realize that making room for stillness was, was critical for me and really, really, really deeply needed. So yeah, it was a while. Yeah. Yeah, I think you're right.

Warwick Schiller ([01:46:22](#)):

Okay. Next question, please. What advice would you give? And this is an interesting question for everybody. What advice would you give to people about to enter your occupation? And, you know, this coming from two versus tribe of mentors, and it say there's a caveat after it, seeing that most of us, you know, that are doing this sort of, you have an occupation that's not ordinary anyways. So you'd have to post, you'd have to name what you think your occupation is, but what would you give advice? What advice would you give to people about to enter whatever you think your occupation might be?

Joell Dunlap ([01:47:07](#)):

Yeah. one of the really lucky things that I'm super grateful for in my life is, is we've gotten such fantastic advice. And mentors and teachers in the autism world, in the nonprofit world, in the, in the, in the, in the, in the horse world there was this couple they've both passed named Jerry and Lilo Leeds. And they had run a very successful company in New York called a CMP. And it was really kind of pre Google advertising where it doesn't matter, but it was a, it was a tech company that did extremely well, and

they sold the company and they invested their many, many, many, many millions in in education in inner city schools. And they were very successful, very wonderful people. Both of them were were you know, refugees from Nazi Germany Jewish refugees that had come here and done well.

Joell Dunlap ([01:48:22](#)):

And so we were sitting at dinner with them and and they were both elderly and talking about, you know, what we wanted to build with square peg. And and Jerry was in his late eighties and he'd had a stroke and his voice was, was affected. And I thought I was either boring him to death, or he was headed for a diabetic crash. Cause he looked like he was falling asleep. And and he stopped me mid sentence and he leaned across the table and he said he said, what you're doing is too important. And I thought, I don't know where he's going with this. And he said, he said, you can't start a program. And I thought, okay, well, this man's now telling me I can't do this. And he said, don't start a program. What you need to do is start a movement and starting a company or starting anything. When you think about it, starting a movement means that you need to collaborate. You need to go out and find like-minded people. You need to go out and inspire people as opposed to build a company, build a great website, build an infrastructure builder, this, build it up.

Joell Dunlap ([01:49:44](#)):

That might have been the most pivotal advice that I ever got that I just shared such as it is from somebody way wiser than I'll ever be.

Warwick Schiller ([01:49:57](#)):

Well, this is a great place to share that because no, this podcast, when I started, it was my wife's study to start this podcast. And she actually, her idea for it was like a call in talk show. If people call in and ask questions about their horse, you know, like Dr. Laura for horses, I started out the first two episodes I did were basically on the, you know, something I'm passionate about these days is we look at things differently than I had, you know, five years ago. And I looked at things that way for a long time, since, you know, I kind of shared that right off the bat. And then I had a couple of guests that came on that I knew pretty well. And some of the stuff they shared kind of took it on a different trajectory. And then I kept getting more people at that operation, all sorts of amazing carry, like all sorts of amazing people in the feedback that I've been getting from all sorts of people about this particular podcast is it's a bit like that. It's a bit like, yeah, I agree.

Warwick Schiller ([01:51:14](#)):

And it's no it's talking, it's talking to people who definitely on the path, but it's sharing that with people who might not necessarily, I've been exposed to any of that and kind of opening their eyes to different ideas. And, you know, I, I get an email yesterday from a guy in Australia. Who's a, he's a life coach executive coach. It just Robin Robin is now starting to do episodes of the podcast where she talks to the wives of some of the men I've had on me and her idea for that was, you know, there's the main, the spotlight, you know, he's the guy that everybody knows about, but there's also the woman behind him who does all the hard work. And so she, you know, she was missing, you know, she started working that and she had spoken to [inaudible] about having his wife on the, you know, and he said, well, I'm not sure that's going to flow in my wife because she's not necessarily in the background.

Warwick Schiller ([01:52:28](#)):

She's probably a bigger deal than I am. But Robin's been emailing back and forth with her, but she shared that she's been, she, she said, oh, I am totally, I love the podcast. Listen to it. I've been sharing it with, you know, other trainers, but also non horsey people. Yeah, that's it. So it's, it's, I think, I think the horses have kind of led they're the catalyst for the whole thing, but it's, it's forces tend to, if you're around them long enough and you passionate enough, they take you to places that you probably never thought you would get on your own.

Joell Dunlap ([01:53:11](#)):

Absolutely, absolutely. Absolutely. You know, I think that's, that's, that's been your path. That's been my path. You know, horses were, you know, my ticket all over the world to, you know, to realize these travel dreams that I decided that we're just going to happen as I read books, you know, and now they've manifested and and they're more spectacular than I could ever imagine. And it was horses, right? It's always been horses.

Warwick Schiller ([01:53:43](#)):

Yeah. I will view it was horses, but it's also the giving part. You know, I think that that don't discount how important that, that isn't, and it doesn't matter where you get your information, like it says in the Bible, it's, you know, there's all sorts of different places. You can get that message. It just takes a while to get that message in your head. But when you, when you, and I think, I think you and I both done the same thing is we did it without thinking, without knowing we were doing that, it's not like, oh yes, I read this thing one time where it says I'm supposed to give my time to things and that's gonna make my life better. I mean, it never works that way because, because you have the wrong intention behind it.

Joell Dunlap ([01:54:31](#)):

Yeah, yeah.

Warwick Schiller ([01:54:32](#)):

Yeah. It's one of those, it's one of those things you kept, like you can't make it happen.

Joell Dunlap ([01:54:41](#)):

No, no. In fact that was, you know, that was the reason behind the name square peg, right. There's a guy named Paul Collins and he wrote a book called not even wrong. He's an autism dad. And he said, you know, the problem with forcing a square peg into a round hole isn't that the pounding is such hard work. It's that enforcing that fit. You destroy the peg and yeah, you think about that. Right. And all of this forcing of people in the systems and you destroy that peg, what's special about them. And you know, and I try and bring it back to that. Yeah,

Warwick Schiller ([01:55:29](#)):

Amazing stuff. It's been such a pleasure having a chat with you here now. How can people learn more about the square pick foundation

Joell Dunlap ([01:55:38](#)):

Square peg foundation.org is the easy way to do it. If if you like reading one of our fundraisers right now is is, is I did publish a novel called a fine hand and you can buy it online@adamnfinehand.com. It's a \$15 ebook. You won't find it on Amazon. We decided that Jeff Bezos has enough of everybody's COVID

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spending money. And so I apologize if that's annoying, but you know, it's a, the subtext is a story of women writing for their lives, and it's a story about women and horses. And so, and, and, and there's a little bit of me and probably most of the characters in that book. So you know, if that fascinates you a fine hand.com square pig foundation those are the best ways to find out about us.

Warwick Schiller ([01:56:47](#)):

Or we can put those in the show notes to thank you so much for joining me. It's been a fascinating conversation. And like I said, at the start most people have on the podcast. I know a bit, so I've kind of, and I didn't know very much about you at all. So it's been fascinating getting to know you a little more, and I can't wait to, to have more to do with you in the future.

Joell Dunlap ([01:57:09](#)):

Likewise, likewise, thanks.

Warwick Schiller ([01:57:12](#)):

If you guys listening at home, thanks for joining us on another episode, the journey of the podcast, we'll catch you on the next one.

Speaker 2 ([01:57:20](#)):

Thanks for listening to the journey on podcast with Warwick Schiller. Warwick has over 650 full length training videos on his online video library at videos.warwickschiller.com. Be sure to follow Warwick on YouTube, Facebook, and Instagram, to see his latest training advice and insights.